



CLOSE UPs

Golden Choice Vegetable Purees, Carrot

Make nutritious meals for your residents in minutes using Golden Choice **Vegetable Purees!** Our Vegetable Purees come in 11 great varieties so you can be sure your residents never grow tired of their menu.

Vegetable Puree Varieties:

Beets
Broccoli
Carrots
Corn
Green Beans
Mixed Vegetables
Peas
Peas & Carrots
Spinach
Tomato
Zucchini

Vegetable Variety Pack #1

1 Green Beans
1 Peas
1 Corn
1 Broccoli
1 Carrot
1 Mixed Vegetable

Vegetable Variety Pack #2

1 Beets
1 Corn
1 Peas & Carrots
1 Spinach
1 Tomato
1 Zucchini

Offer the Nutrition They Need!

Just because it tastes good doesn't make it bad for you! Our vegetable purees contain up to **8 grams of fiber** per serving, are Fat Free, Cholesterol Free, and Low in Sugar.

Mix and Match Your Menu!

Our Vegetable Purees come in 11 fantastic varieties—Beets, Broccoli, Carrots, Corn, Green Beans, Mixed Vegetable, Peas, Peas & Carrots, Spinach, Tomato, and Zucchini! That's 11 meal options without ever having to serve the same item twice. What's more, our variety packs make ordering multiple flavors a breeze!

Keep Waste to a Minimum!

Golden Choice's convenient low-yield packaging means you can prepare only what you need without hassle.

All of our mixes are shelf-stable and last up to 24 months without sacrificing freshness or flavor.



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Golden Choice Vegetable Purees, Carrot

Product Detail

Case Size: 6 / 4 oz bags
Servings per Container: 8
Servings per Case: 48

Basic Recipe

1 bag Golden Choice Carrot Puree
1 quart Boiling Hot Water

- 1) Pour **boiling hot** water into an appropriate sized mixing bowl.
- 2) Slowly add contents of your puree mix into the bowl while whisking with a wire whisk.
- 3) Continue to whisk contents until smooth.
- 4) Serve immediately or place in warmer until ready to serve.

Carrot Puree Nutrition Information

Serving Size: 1/2 cup prepared	Amount	/	Serving	%DV
Calories: 25	Total Fat:	0 g		0%
Fat Cal: 0	Sat Fat:	0 g		0%
	Trans Fat	0 g		
Vitamin A: 70%	Cholesterol	0 mg		0%
Vitamin C: 2%	Sodium	560 mg		23%
Calcium: 4%	Total Carb	11 g		4%
Iron: 4%	Dietary Fiber	6 g		24%
	Sugar	1 g		
	Protein	1 g		

Ingredients

Dried carrots, fiber, salt, fructose. May contain one or more of the following: FD&C yellow #5, FD&C red #40, FD&C blue #1.